

# A Benefit For You

BEST CARE EMPLOYEE ASSISTANCE PROGRAM



## EAP NOTES

### Managing Fear during Fearful Times

Many Americans have found themselves watching *Wheel of Fortune* reruns rather than the nightly news. Not because they are disinterested in current events, but as a way to avoid the fear and anxiety that builds with every passing day. Americans already facing the challenges of balancing work and personal issues are now preoccupied with other worries. Are we going to war? Is another terrorist attack possible? Should I buy duct tape? Will the US economy sustain? It's important not to let fear, anxiety and worry overwhelm you. Please consider the following tips to help you manage in these difficult times.

- **Fear and anxiety are normal** biological behaviors. Anxiety symptoms such as headaches, sleeplessness and rapid heartbeat occur naturally when the body is confronted with danger.
- **Identifying fear** is the first step to overcoming it. When you can recognize what it is you are truly fearful of, your feeling of vulnerability decreases and it becomes easier to cope.
- For the sake of **your relationship**, it is important to remember that men and women may have the same level of anxiety, however the way it is expressed is very different. Men tend to take part in high-risk activities---fighting, drinking---while women are more likely to become depressed or self-critical.

Source: Claudia Kalb, *Newsweek*, 2/24/03.

#### What can you do to alleviate fear and anxiety?

- Keep informed but limit your exposure to media.
- Focus on a hobby or activity.
- Take comfort from life's simple pleasures.
- Laugh---it's good medicine!
- Breathe deeply to stimulate whole body relaxation.
- Avoid drugs and excessive alcohol use that only mask the problem.
- Recognize you are not alone. Fear and anxiety are a normal part of life.
- Remember help is available. If you would like to learn techniques to help manage the fear and anxiety in your life, please contact your Best Care EAP. For a confidential appointment with a professional counselor, please call **(402) 354-8000 or 800-666-8606**.

### Helping Children Cope with Fear & Anxiety

Children find **normal routines** comforting.

**Limit** and **monitor** what your children watch on TV.

**Talk** to your children about what is happening.

**Watch** for signs of distress such as sleeplessness, irritability, nightmares or clinginess.

**Reassure** your children that there are people who will protect them---police, firemen, soldiers and paramedics---in the case of an emergency.

**Call your Best Care EAP.** Counselors who specialize in children's issues are available to help.

Source: Pat Wingert, *Newsweek*, 2/24/03.

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